

become contaminated because of increase of population in the watershed, by excessive turbidity arising from mining, and, finally, by the changes brought about by

the new agricultural products and methods. The reduction in typhoid fever by chlorination is not peculiar to Sacramento.



NATIONAL HEALTH COUNCIL LAUNCHES ROTARY HEALTH WEEK

DONALD B. ARMSTRONG, M. D.

Executive Officer, National Health Council

AT the request of the International Association of Rotary Clubs, the National Health Council has inaugurated plans for a health week, December 5 to 11, 1921. The Council will be aided in launching this health week by its various member organizations. This plan is for each community to organize its own committee for this health week, drawing upon the established health and welfare agencies for its health committee members, under the leadership of a Rotarian.

The plan, which has been approved by the International Association of Rotary Clubs, calls for a year's program, with one activity to be featured each day. Any one community may use as much of the suggestions submitted as is feasible. Smaller communities will probably not use more than perhaps half of the proposed program, and communities in which a large and active committee is selected may put into effect the entire schedule.

The activities or community chores which have been proposed include in all cases the initiation of health week by a luncheon of the Rotary Club, followed by a discussion of the community's health. This will be directed by the local committee and will include special reference to such local problems as water supply, sewage disposal, milk and food control, tuberculosis, venereal diseases, and other problems that may be of special significance to that particular community.

Plans of the coöperating committee for health week will also be heard.

All Rotary Clubs meet one day in the week, and it has therefore been suggested to the clubs that they initiate the week with the day of their luncheon and call that the first day of their health week. The program for a typical community which began its week on a Monday would read as follows:

MONDAY, December 5.—ROTARY HEALTH DAY. Club luncheon; activities as discussed above.

TUESDAY, December 6.—HEALTH APPRAISAL DAY. A special sub-committee, possibly headed by the Health Official may appraise the community's equipment for disease prevention and health maintenance. Investigations may be made of specific disease conditions or the sanitary conditions of certain neighborhoods.

WEDNESDAY, December 7.—EXAMINATION DAY. The coöperating committee will urge voluntary medical and dental examination of all citizens either by their own physician or in emergency diagnostic clinics temporarily set up for this purpose.

THURSDAY, December 8.—SCHOOL HEALTH DAY. A greater part of the school schedule during the week will be devoted to the teaching of health and personal hygiene, and teachers will be furnished with literature and a uniform program of health lessons which will be prepared by the committee. The National Health Council has asked its members and affiliated local organizations to coöperate with the Health Week Committee by providing the literature as far as possible.

FRIDAY, December 9.—PUBLIC EDUCATION DAY. A mass-meeting will be arranged where the committee will have an opportunity to report its findings on the sanitary conditions of the community. Health films may be shown and literature distributed.

Health displays in the windows should be

set up, and advertising space for carrying health lessons arranged for.

SATURDAY, December 10.—HEALTH FIELD DAY. For this day competitive games and out-door contests by Boy Scouts and other organizations may be suggested by the committee. On this day also the school pageants which may have been presented on School Health Day (Thursday) may be repeated, preferably out-doors where the weather permits.

SUNDAY, December 11.—HEALTH SUNDAY. A special committee should be appointed to arrange health talks in the churches by doctors, health organization representatives, etc. Outlines of such talks may be secured from the local health agencies. Notices may be read from the pulpits. The subjects which have been suggested for these talks include the following:

Infant Welfare, Child Welfare, Home Hygiene, Personal Hygiene, The Hygiene of the Working Environment, General Community Health, School Hygiene.

In those communities in which an energetic committee is selected, additional and more ambitious chores may be included. The activities which can be carried on by these committees include four-minute talks in theaters, motion-picture houses and other public meetings. The committee may also arrange to secure public-health films to be run in addition to the regular showings. Films may be obtained from the State Board of Health, State Tuberculosis Association, the director of health service of the American Red Cross, and other national volunteer health agencies.

The shoe man can emphasize the merits of common sense shoes for children and grown-ups, the hardware man can bring out the value of seeking good ventilation when purchasing a furnace, the plumber the merits of sanitary plumbing, the electrical fixture man can point out the need of proper lighting. The dry goods merchant may show the hygienic features of various kinds of clothing, underwear, etc., and the grocer may bring to the fore the sanitary care with which the packages sold in his establishment are wrapped, or their nutrient values.

The above leverages that may be applied in order to insure self-motivating activities will probably be effected where the local merchant can be shown how to inject sales points into his advertising, making the tie-up with health and the Health Week.

The value of talking health, thinking health, advertising health, urging health, writing health, and pleading for health can result in only one thing—practicing health by the communities. To what extent health habits will be initiated and to what extent gains will have been made by the impetus thus imparted will probably never be accurately measured, but certain it is that the movement will be forward, toward better health.



THE RECORD OF A YEAR'S RED CROSS ACCOMPLISHMENT

The report of the American Red Cross for the fiscal year ending June 30, 1921, is a record of splendid accomplishment in the field of public health. There are 260 chapters in which health centers are established:

Health lectures given in such centers.....	4,015
Health exhibits held in such centers.....	780
Clinics held in such centers	6,264
Persons attending clinics.....	90,252

The Red Cross Nursing Service is the reserve from which Army and Navy nurses are recruited in time of war. There are 37,787 nurses now registered. Last year there were 257 nurses assigned to the Army, 131 to the Navy, 1,163 to the U. S. Public Health Service, and 3,243 employed by the